

EDITORIALS

A Fair And A Fair

Many stories are being written now about the thousands of Raleighites who will make that annual trek to the North Carolina State Fair. For the next 10 days, the fair will be the center of everyone's attention, time and pocketbooks.

We don't begrudge anyone. We just observe that it has been extremely difficult this year to get this same type of attendance and support for different events and activities within our own community.

The Raleigh-Wake Joint Political Action Coalition recently sponsored its first annual Family Day Gala. Perhaps if they had had as much space to work with as the N.C. Fair, their attendance could have been recorded high up in the thousands.

We recently hinted that there is a need for a major fair and festival in Raleigh and Wake County to feature our many community organizations, talented performers and to serve as a fellowship, educational and

homecoming experience. Apparently the time is not right yet.

Fairs elicit the support of the entire community. There is something there for everyone, from the baby to grandpa.

Fairs leave a joyful and exhilarating taste in one's mouth. They are an acceptable pleasure.

A Raleigh community fair should offer that same experience. The happy times for the visitors and the benefits to the participants and sponsors should provide an invigorating experience for all of us here in this Capital City.

But, phenomena like integration, intolerance, disunity, impatience and an absence of faith and vision make such endeavors a greater challenge than they need to be.

So, let's just enjoy the N.C. State Fair and forget about sponsoring our own.

What do we have to offer anyway that would be of interest to others?

What Or Who You Know?

It's not necessarily what you know, but who you know that counts.

A local radio station is again proving this age-old adage true.

One part of the programming format of the radio station is to allow listeners to call in and demonstrate their talents. As fast as one caller hangs up, another is on the line either singing a gospel or rock song, reciting an original poem or demonstrating some other talent for the listening audience.

A surprising number of the callers have talent equal to that of many of the popular artists, who are seen and heard over the media. Some even out perform those they imitate.

We think this is more evidence that there is an enormous amount of talent in our community, as in hundreds of other communities across America, that with a little exposure, interest and promotion could do well.

Blacks appear traditionally and inherently to be a talented group of people. History is replete from ancient times to the present with accounts of the abilities and achievements of the darker skinned people. In the absence of the forces of oppression, exploitation and self-aggrandizement, history probably would have recorded

even more than it has of black abilities and accomplishments.

Regarding the newly discovered talent brought to light by this radio program, had a promoter or talent scout "discovered" some of these performers their names could have been in the lights just as a Stevie Wonder, Michael Jackson, Teddy Pendergrass or Shirley Caesar.

But because promotion is more a matter of who knows who, thousands of talented blacks will go unnoticed.

Of course there are measures that could be undertaken to at least give some of this talent an opportunity to be seen and heard. One such method is presenting all who wish to perform on community talent shows.

Community organizations could present and sponsor the talented in our midst. Churches could provide opportunities for performers.

Local artistic societies and performing organizations could also be a means by which the unknown could receive exposure.

We think the popular concept of utilizing the resources we have in our community can be applied here.

"A talent is a terrible thing to waste."

A New Policy Of Caring & Sharing

With winter on the horizon, we can start now to think of the many hardships that those living around us will face in these coming cold months. Now is the time to begin planning for the difficulties which accompany each winter's cold weather.

It would be commendable if Raleigh and Wake County could this year escape reporting the death of even one citizen because of exposure to the extreme elements or some similar condition. Last year's statistics should be a stimulus to us to try to avoid a recurrence of weather inflicted tragedy.

One factor needed to decrease the number of deaths reported each winter is an attitude of caring and sharing.

There needs to be enough individuals and groups of individuals in the community who care to make their presence felt.

The number of persons willing to share information, resources and help should be sufficient to make their presence effective.

Caring includes being aware of where problems may exist, searching for the unknown problems, being willing to sacrifice time, money and effort to help and not seeking recognition and appreciation for doing what needs to be done.

When the unfortunate residents in our community feel that their neighbors and friends sincerely care about them, they are likely to be more inclined to turn to them for help. If they feel potential

embarrassment, ridicule or rejection, then we can expect more problems than solutions.

On the scale of the total human experience, and given what we do daily in our lives which is meaningful to others, caring for another is significantly cost-free. The laws of retribution make caring beneficial for those that would have it so.

Sharing is not that expensive either. It is even more inexpensive when collectively performed.

Our communities are famous for its churches, civic groups and community organizations.

Our homes are recognized for their sufficiency. And in our self-appraisals, we complement ourselves for our goodness and success.

Therefore, it is apparent that we do have the capacity to share our fullness with another facing the ultimate deprivation.

Let us be willing to join hands individually, collectively and as institutions to avoid anyone among us from being a statistic as the result of not having heat or food this winter.

If it is true that there are agencies charged with these responsibilities, but these agencies can only do their tasks well with the community's cooperation. These agencies are not islands, and neither are we.

Whether we like it or not, it is smarter that we be our brother's keeper, for few of us know what lies ahead.

BIBLE THOUGHT.

Hear my prayer, O Lord, and let my cry come unto Thee. Hide not Thy face from me in the day when I am in trouble; incline Thine ear unto me; in the day when I call answer me speedily.

For my days are consumed like smoke, and my bones are turned as an hearth.

My heart is smitten, and withered like grass; so that I forget to eat my bread.

But thou, O Lord, shalt endure forever; and Thy remembrance unto all generations.

Psalms 102:1-4, 12

Dark Point Of View

BY BILL MOSES
AMERICA'S DRUTHERS

To me a very memorable "Druthers" is the reply made by Dorie Miller's father during a national radio program honoring sectional American heroes who died in the service of their country in the World War II era, when he was asked a "would-you-rather" type question by Orson Welles, and he answered, "If I can have my druthers, I'd druther have my son back."

Two answers to intermittent questions concerning American relations with Communist Russia are: "I'd rather be dead than Red," and "I'd rather be Red than dead." The question assumes that Red domination of the world is urgent, threatening, and perhaps imminent; and we are faced with two choices of direction: possible open conflict or capitulation. With the reality of atomic warfare now possible the nations of the world must now find other alternatives through consultation, negotiation and agreement; rather than intemperate rhetoric and distant name-calling.

We Americans are unique among the nations of the world: A collection of most of the ethnic groups of the world into a nation, the United States of America—a microcosm of the earth—founded under a Declaration of Independence and a Constitution which proclaim the eminence of the individual, even as we, as a group, seek a common pursuit of happiness. Most nations of the world are the incident of ethnic birth and place, while America is unique in the plurality of its ethnic stocks.

In Campaign '84, with its strident search for voters by the two dominant political parties, let us not forget the inspired, devoted and compassionate efforts of the founding fathers to institute a nation dedicated to the common betterment of every American and all mankind in general. Today it is not enough just waving the flag and playing the game of follow-the-leader with self-flattering pride in our accomplishments. America's destiny is yet to be.

Tony Brown's Comments

THE HEALTH PROPHET

Every time a new report is published on the health of black people, I brace myself. Sure enough, the last one was no exception. A group of doctors and health experts presented a report at the recent Congressional Black Caucus Health Braintrust.

The life expectancy for a black person is 68. It is 78 for whites. Black women are 2½ times more likely to die from diabetes than white women. It goes on and on.

Unhealthy diets and fat in the diet, and subsequently fat on the body, are prime suspects of these horrifying statistics. One expert also singled out medical care which focuses on "curing illness, not preventing it."

But thanks to the Health Prophet, there is a focus that makes sense. Everyone can't understand it and everyone won't agree on it, but everyone can afford "Dick Gregory's Slim Safe Bahamian Diet."

Gregory, the author of books on health, is now Gregory the entrepreneur of health. And his best example of health is Dick Gregory, who has transformed a 300-pound, whiskey-drinking heavy-cigarette-smoking comedian into a medically-certified phenomenon of health.

Now Gregory wants the rest of us to live as long as he will, but he has, he says, found a way for us mortals to benefit as he has from a good health without his rigid fasts (the last one lasted 167 days).

"I am not telling you not to eat," Gregory explains as he rejects self-starvation. "You can lose weight without losing nutrition. On this diet you can lose evenly."

Over the last 15 years, Dick has been mixing up formulas for friends. "I've been working for 15 years on this diet. I turned down \$900 million years ago because I didn't trust the company," he said.

He, however, found his mate in Cernatin, an Ohio company, from which he received a mind-boggling \$100 million for just the United States marketing rights. Gregory retained the mail-order rights to the slimming diet (Dick Gregory, P.O. Box 73002, Chicago, Ill. 60678-3002 or call 1-800-543-1300) which he estimates will make another \$162 million a year.

What in the world is in this good-tasting powdered diet? It contains carob, alfalfa, chia, date, rice, pumpkin, wheat and various other fibers. There are about 700 calories in a one-ounce scoop that provides more than the federally required daily nutrients.

There are no additives or dairy products, which Gregory feels are not beneficial. "I went to the Bahamas and discovered the power of fresh fruit firsthand. The taste just explodes in your mouth."

"It's safe," he assures us as he wonders why no one ever questioned his old diet. "When I was smoking and drinking a fifth of scotch a day and weighing 300 pounds, nobody questioned my health. Now it's cool to be healthy."

According to Gregory, \$12 million will go to 12 organizations and 10 percent of the \$100 million will go to the education of the elderly. Benefiting from the sale of Dick Gregory's diet powder will be the NAACP, PUSH, SCLC, Urban League and the Martin Luther King Center, among other civil rights groups.

Already \$500 million in orders have been placed for this "seven-day rapid weight loss" powder which also consists of (among other things) cucurbita pepo seed, agropyron triticeum powder and malpighia glabra, all vegetable substances.

"I use the Latin names like cucurbita pepo seed and agropyron triticeum powder just in case the big boys try to break it down," Gregory teases. "You can lose weight without fasting," he adds.

You can also help the black civil rights movement and improve the health of the black community by listening to the Health Prophet.

"Tony Brown's Journal" TV series can be seen on public television Sunday on Channel 4 at 6:30 p.m. Please consult listings.



An average woman's heart beats faster than a man's.



NNPA FEATURE
COPING
by
DR. CHARLES W. FAULKNER

"I WANT TO KILL MYSELF"

Following is a sad letter that I received last month. It signifies a much too common problem. My comments follow the letter.

Dear Dr. Faulkner:

I have tried and tried for months to get a job but no one will hire me. Now the relationship that I had with my boyfriend has ended. I don't know what to do. I pray each day for a miracle but things remain the same. I'm thinking about killing myself and ending the misery.

Diane, Brooklyn

Dear Diane:

Almost everyone has at some point considered suicide as a way to escape the challenge of living.

Every problem can be resolved with the proper procedures and correct advice. Counseling, books on behavior, friendly understanding, family emotional support, confidence and a plan are important steps toward elimination of your problems. Much of this is free.

Your personal life will correct itself as you begin to devote more of your time to positive endeavors and away from thinking about your problems and feeling sorry for yourself. There will be other men in your life and many more opportunities to share pleasant moments with someone who appreciates and respects you. Your career will begin to blossom and provide you with inspiration and happiness.

But you must have a plan, a program, an objective. You must obtain competent professional advice. The wonderful thing that you already have is the desire to succeed. This is the starting point. Fill out the Career Action Planning Guide, put your enthusiasm into living and do the one

thing that only you can do—take charge of your life.

Many people have rebounded from what appeared to be almost total devastation in their lives—serious illness, broken homes, death of a loved one, financial collapse—but they turned their lives around and found happiness. You have more potential and positive principles to guide you than any of these people. So you are already out of the starting gate.

For some people, prayer offers consolation and is the first step to remedying the situation. Other people use other procedures to get their lives on the right foot. Whatever means you use, your next step should be to take responsibility for your own life and begin now to organize it, to plan it, to take the steps that are necessary to make your life what you want it to be.

I have sent you a Career Planning Action Guide. You must now put it into action. Approach your life now from two perspectives: (1) Obtain competent professional psychological counseling to get you through this period of depression and hopelessness. If you cannot afford to enter a counseling program, contact your public health service for free or inexpensive professional counseling. (2) Seek out a career counselor to help you get your career back on track. An experienced, knowledgeable counselor can let you know what talents you have and which career is best suited for you. It is also possible to obtain this type of counseling free or inexpensively from your local public health service. Then you can begin to prepare yourself for a successful, happy future.

The fact that you mailed a letter to me indicates motivation, reasoning ability and a certain sense of self-worth.

Misunderstood Words Cost

SACRAMENTO, Calif.—Adult illiteracy is costing America \$225 billion annually through non-production, unemployment and crime, according to Sherman A. Swenson, chief executive officer of B. Dalton Booksellers, in a recent issue of Work America.

"Business and industry have a major stake in the war against illiteracy," stated Swenson. "In dollar terms alone, adult illiteracy is costing the country an estimated \$225 billion in lost industrial productivity, unrealized tax revenues, welfare, prisons, crime and related social ills."

William Tutman, a retired professor of economics, remarked a few years ago that many executives and employees "read memos that say one thing, and then take actions and make decisions as if they never read the memo," which shows that "a large number of people who are officially regarded as literate are unable to read the things they must read in order to be functional in their jobs."

Employers have trouble getting such persons to follow simple orders since they have no idea what their bosses want or what their job requires. Service, sales, profits and job tenure suffer because of clerks and secretaries going through the motions of their jobs blankly, as if in a dream.

The illiteracy deplored by Swenson and Tutman was noted more than a decade ago by writer and educationalist L. Ron Hubbard, who has done extensive research into problems of learning and has found solutions.

"If one cannot get those around him to study and learn, one's own work can become much harder and even overloaded and one's own survival potential can be greatly reduced," said Hubbard.

Hubbard found three major obstacles to learning. The biggest obstacle, Hubbard found, is misunderstood words. Hubbard, who in the last half-century has published literally millions of words, has researched words and their meanings and developed a complete methodology called "word clearing." His methods free a student or trainee from inadequate or faulty definitions which can impede a flow of ideas, block understanding and prevent application of what one has heard or read.

In recent years Hubbard has developed nine distinct methods of finding and clearing misunderstood words. Applied Scholastics, a non-profit educational group based in Los Angeles, applies Hubbard's techniques daily in training teachers, businessmen and people with study problems to improve their learning rate.

Hubbard found, further, that persons undergoing encounter other phenomena, such as boredom, a dizzy feeling or exasperation, from lacking physical objects which are part of the subject being studied. A student at Applied Scholastics overcomes this obstacle by demonstrating in clay what he is learning. A clay demonstration involves the student, lets him apply an abstract concept to his own experience and brightens him up.

If you ever had trouble learning to drive a car or play the piano, you will recognize the third training obstacle which Hubbard isolated: a sense of confusion or reelingness which comes from having skipped a step when learning something in which each step becomes increasingly difficult.